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Circular of Information, with Recommendations

Respecting

TUBERCULOSIS

ISSUED BY THE

Iowa State Board of Health

U.S. DEPARTMENT OF HEALTH, EDUCATION AND WELFARE

Division of Health Care Policy and Statistics
Bureau of Health Statistics

TUBERCULOSIS

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PREFATORY

The Iowa State Board of Health, as created by law, is the guardian of the public health within the state. This circular is issued to inform the people that tuberculosis, an infectious disease which exists throughout the state, is causing more human suffering and greater loss of life among our people than any other existing disease, and to advise them how to prevent its spread.

Tuberculosis, properly, should be subject to quarantine restrictions; and its control should be a part of the duties of state and local boards of health in order that such boards may fulfill their mission in the sanitary world.

With this conviction this circular is placed before the people of the state with the hope that it may be given the widest possible circulation.

TUBERCULOSIS

Tuberculosis, more commonly called consumption, has existed from a very early period in the world's history. Owing to its prevalence, its insidious approach, its easy communicability and its great fatality, it becomes necessary that the people of Iowa should enlighten themselves as to the nature of the disease and its prevention.

Tuberculosis is an infectious disease, due to the presence and action of a germ—the *bacillus tuberculosis*. The disease is characterized by the presence of nodules called tubercles, which may undergo certain changes, become cheesy, hard and calcified, or ulcerating and breaking down form abscesses.

It is estimated that nine persons, on an average, die daily of tuberculosis in Iowa!

Tuberculosis affects man and animals alike. Hence, the disease may be transmitted from man to man, animal to animal, man to animal, and *vice versa*. It is transmitted by inhalation, injection and inoculation. A tuberculous patient may, by expectorating, coughing, sneezing, or through the excretions of the body, infect the house in which he or she lives, so that the air is constantly impregnated with the tubercle bacillus, and persons associating or living with such patient or in such infected premises, are constantly in danger of contracting the disease.

Recognizing these facts, the State Board of Health of Iowa has placed tuberculosis on the list of infectious diseases, and recommends that local boards of health deal with diseased persons and infected premises accordingly.

The greatest source of infection to man is the tuberculous human patient, and the next greatest is the tuberculous bovine.

The milk of a tuberculous cow is a great menace to the health and life of its consumer. Sterilization of such milk will prevent the spread of tuberculosis by destroying the germs, but it will not make such milk a good food for those who consume it. The flesh of a tuberculous animal, when eaten rare, is dangerous; but, if well cooked, cannot transmit the disease. The flesh and milk of tuberculous animals contain tuberculin as manufactured by the tubercle bacillus, which is an intestinal irritant, and consequently such meat and milk must be classed as inferior food, and dangerous to a delicate consumer.

Tuberculosis in our bovine herds causes unthriftiness, the

loss of many valuable animals, and is a constant menace to human life. Instances are recorded where tuberculosis in a bovine has been rapidly spread through a herd of hogs, thereby causing financial loss. The government inspectors at the abattoirs are daily consigning the carcasses of hogs to the fertilizing tanks because of this disease. From a financial standpoint it would pay our cattle owners to test their herds and get rid of the disease, and thereby prevent such losses.

PREVENTION

Prevention is infinitely better than cure. Tuberculosis is preventable, just as other germ diseases are. By testing our dairy herds we remove a fruitful source of infection to man and domestic animals.

By restricting tuberculous persons in their habits we remove the greatest source of infection to mankind. Such restrictions should be as follows:

No tuberculous person should be permitted to sell meat or milk.

No tuberculous person should be permitted to spit in any premises or upon the public highways.

No tuberculous person should be permitted to drink from a public drinking cup.

No tuberculous person should be permitted to teach in public or private schools.

No tuberculous person should be permitted to nurse the sick.

No tuberculous person should be permitted to sleep in the same room with other persons or children.

No tuberculous mother should be permitted to nurse her child.

DIRECTIONS FOR THE CARE OF TUBERCULOUS PATIENTS

1. Try to have the patient hopeful and anxious for recovery. Let all attendants be cheerful, encouraging the patient at all times. A cheerful, hopeful patient has much better chances for recovery than a despondent patient.

2. Have the patient live in the open air as much as possible, avoiding damp or dusty atmosphere, and taking what exercise he or she can endure without causing exhaustion. Plenty of sunlight is good for the patient, protecting the head from the hot sun while giving the body a sun bath. Teach the patient to inspire a deep, full breath through the nostrils,

retaining the same for as long a time as is convenient before expiring, which should be through the nostrils.

3. Have the patient warmly clad in woolen garments, so as to prevent chilling or taking cold.

4. Give the patient all he or she can eat, of good, nutritious food, changing the diet as a stimulus to the appetite.

5. Have the patient take plenty of rest. In summer, a hammock, so placed as to shade the head and expose the body to the direct rays of the sun, is good.

SUMMARY

Plenty of fresh air and sunshine.

A reasonable amount of exercise in open air.

Plenty of good, nutritious food.

An abundance of rest.

DISINFECTION

Premises in which tuberculous persons live should be disinfected at least once a week, and the sputum and excretions of such persons should be consigned to receptacles containing a sufficient quantity of effective disinfectant solution to submerge the same. All public houses, including hotels, halls, opera houses, railway coaches, depot waiting-rooms, churches and school buildings, should be disinfected and thoroughly ventilated. Sunlight is one of the best general disinfectants, and should be admitted to all homes and buildings.

DIRECTIONS FOR DISINFECTING PREMISES

1. Remove all movable furniture, bedding, carpets, rugs, etc., once a week, placing same in the open air and sunlight.

2. Disinfect the room with formaldehyde gas, after plugging all openings.

3. Thoroughly ventilate the room before replacing the furniture, bedding, etc.

4. Use as a disinfectant solution in cuspidors, slop jars, etc., carbolic acid and water, five (5) parts of acid to ninety-five (95) parts of water; or, bichloride of mercury and water, one to five hundred.

DIRECTIONS FOR DISINFECTING DAIRY BARNs, AND FOR THE CARE OF MILK

1. Clean out all litter, excrement, rejected fodder, cobwebs and dust, thoroughly sweeping down the walls and ceilings.

2. Spray ceiling, walls and floor with a solution of bichloride and water, one to five hundred.

3. Thoroughly whitewash all parts of the barn with a wash containing one-quarter of a pound of carbolic acid and a pound and one-half of lime to a gallon of water.

4. See that the drainage from under the floors is sufficient to carry away all refuse matter. This is an important factor in keeping a healthy, clean barn.

5. See that all manure is carted away daily. We find in some instances great piles of heating manure against the outside walls, and the offensive fumes therefrom permeating all parts of the barn.

6. See that the watering troughs are cleansed two or three times a week, and only pure water given the dairy cow.

After milking each cow the milk should be carried to a scrupulously clean milk room, and there strained and cooled. It should be stirred frequently until thoroughly cooled. A can of milk may be placed in a refrigerator and allowed to cool without stirring and it is certain to have a bad odor and taste, ut with proper stirring while cooling this will be prevented.

THE DUTY OF LOCAL BOARDS

Local boards of health should require all such general preventive measures to be carried out under their jurisdiction. They should also require the testing of dairy herds from which milk is sold within their jurisdiction, as well as a sanitary condition of such dairy premises and utensils.

Shall we not, one and all, unitedly make sanitary war upon this insidious disease, which is the greatest menace to human life and happiness in our fair state, as well as throughout the entire civilized world?

The State Board of Health confidently appeals to the local health boards, to the progressive "press" of the state, and to the enlightened judgment of our people, for prompt and efficient co-operation in the restriction and, so far as possible, the prevention of this Great White Plague!